Fig. 1

Time	Starting Sugar	Toasts	Meal 1	2	Total	Insulin .	Dose — 2	3	Total	Ending Sugar
8:00 am	1 ♠ 4	2708	+ ₫ 8		+108	10 8	-1 0 8			144
9:00 am	144									144

Fig. 2.

Time	Starting Sugar	Toasts	Meal	Total	Insulin	Dose 1 2 3	Total	Ending Sugar
8:00 am	144	27-108	+(08 🍖	+108	4×-108			262
9:00 am	262					€4	-524	108
10:00 am	108					€4	- 5 4	144
11:00 am	1 4 4							144

Fig. 3

	Starting	Meal				e di se	Dose				Ending	
Time	Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Sugar	
8:00 am	144	2768	+(08		+108	16 482	-(32			-482	-1(80	

Fig. 4

Time	Starting Sugar	Toasts	Meal 1 2	Total	Insulin	Dose	Total	Ending Sugar
8:00 am	144	2768	+ € 6	+ ફ 6	16-482			100
9:00 am	100		+₫6	+ ફ 6				206
10:00 am	206		+₿ 6	+£ 6		-6 7	-27	225
11:00 am	2 25					E T	-27	1 @ 8
12:00 pm	108					-6 7	-27	101
1:00 pm	101					.	-27	144
2:00 pm	144					-€ 7	-27	167
3:00 pm	147					-2 7	-27	\$6 0

Figure 5

Time	Starting Sugar	Toasts	Meal — 1	2 Țotal	Insulin	Dose 1 2 3	Total	Ending Sugar
6:00 am	144				16-482			144
7:00 am	144							164
8:00 am	144	2768	+ ₫ 6	+₿6		-\$ 7	-27	1€ 3
9:00 am	163		+&66	+ € 6		-2 7	-27	162
10:00 am	162		+ ∮ 6	+€6		-\$ 7	-27	161
11:00 am	161					-\$ 7	-27	144
12:00 pm	144					Ð	- 2 7	167
1:00 pm	167					- € 7	-27	\$

Fig. 6

Time	Starting Sugar	Toasts	Meal	Total	Insulin	Dose	3 Total	Ending Sugar
8:00 am	144				16-482			164
9:00 am	144							144
10:00 am	1 4 4	2768	+∮ 6	+ ₫ 6		.e 7	-27	103
11:00 am	103		+8 6	+ ₿6		.	-87	102
12:00 pm	102		+ ₫6	+€6		-2 7	-27	101
1:00 pm	101					-6 7	-27	144
2:00 pm	144					-2 7	-27	147
3:00 pm	167					₽ 7	-27	90

Fig. 7.

Time	Starting Sugar	Toasts	Meal 1	2	Total	Insulin	Dose 1	2	3	Total	Ending Sugar
8:00 am	144					16-432					144
9:00 am	144	17+64	+₫ 8		+(1 8						162
10:00 am	162		+(18		+(† 8		-6 7			-27	163
11:00 am	1 ∲ 3		+ ₫ 8		+(†8		-@ 7			-27	144
12:00 pm	144	17+64	+₫8		+₫8		-2 7			-27	165
1:00 pm	165		+ ∱ 8		+ ₫ 8		-2 7			-27	1€ 6
2:00 pm	126		+∱8		+(†8		-2 7			-27	107
3:00 pm	167						-27			-27	1

Fig. 8

T T	Starting		Meal			Dose			Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am		H							
9:00 am									
10:00 am		T							
11:00 am									
12:00 pm		Image: Control of the							
1:00 pm									
2:00 pm		H							
3:00 pm									
4:00 pm		T							
5:00 pm									
6:00 pm		ন্ত্র							
7:00 pm									
8:00 pm									
9:00 pm		U							
10:00 pm									
11:00 pm									

Fig. 9

	Starting		Meal		T .	Dose			Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Sugar
8:00 am		17+\$4			1/1-22/7				
9:00 am									
10:00 am		17+64				-3 2.5		-32 .5	
11:00 am						-32 ,5		-3€.5	
12:00 pm		3 62				-32 .5		-3€:5	
1:00 pm						-32 ;5		-32:5	
2:00 pm		17464				-32 .5		-3 €.5	
3:00 pm						-32 :5		-32.5	
4:00 pm		T7+64			1/1-207	-(f6		- (6	
5:00 pm						- ₹6		- 1 6	
6:00 pm		37·62				-(16 -\$2		- ∉ 8	
7:00 pm						-(6 - 8 2		- ∉ 8	
8:00 pm						-66 -32		- ∉ 8	
9:00 pm		T7+64				-€6 -₹2		- ∉ 8	
10:00 pm						-32		-82	
11:00 pm						-32		-82	
12:00 am						- (6		-(6	
1:00 am						- (6		-(6	
2:00 am						-16		-(6	
3:00 am						-16		-16	
4:00 am						- (6		- (6	
5:00 am						-66		- (6	
6:00 am									
7:00 am									

Fig. 10

Time	Starting Sugar	Toasts	i 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108	T7.64	+ ₫8	+(†8	11-207	-32 .5	-3 ⋭ 5	126
9:00 am	126		+₫8	+(†8		-3€ .5	-32.5	144
10:00 am	104	17+ \$ 4	+(18+(18	+ ફ 6		-32.5	-3 ¢ ,5	1 4 8
11:00 am	1 ♠ 8		+ (∱8	+(†8		-32:5	-325	1€ 3
12:00 pm	183	37-162	+€ 4 +€ 8	+(2		-2€ 5	-32;5	10/3
1:00 pm	103		+@4	+64		- 32 5	-3 2 5	1 2 5
2:00 pm	125	17-64	+6 4 + €8	+72		-32 25	-3 2 5	2€ 4
3:00 pm	264		+ (*8	+(†8		-32 5	-325	220
4:00 pm	220	3 7+ 6 4	+ († 8+ († 8	+€ 6	11 227	-€ 6	- (6	2 0
5:00 pm	2 0		+₫ 8	+₫ 8		- (16	- 6 6	202
6:00 pm	2	37-662	+ ₫ 8 + ₫ 4	+72		- (16 - 8 2	- ∲ 8	26 6
7:00 pm	266		+€4	+54		- (16 - 8 2	-∲ 8	2/2
8:00 pm	2/2		+64	+64		-(16 - 8 2	- ∉ 8	2 1 8
9:00 pm	2 6 8	3464	+₫ 8	+(†8		- (16 -82	- ∉ 8	2 48
10:00 pm	248		+ ₫ 8	+(18		-32	-32	264
11:00 pm	264		+₫ 8	+(18		- 3 2	-82	200
12:00 am	2 0					- 6 6	- t 6	204
1:00 am	204					-66	-66	1 8 8
2:00 am	168					- (6	-6	1/2
3:00 am	1/2					- (6	- ₹ 6	166
4:00 am	166					-16	- Ç 6	100
5:00 am	1♠ 0					- (6	- (6	124
6:00 am	124							124
7:00 am	124							124

Fig. 11

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108	17464	+ ₫ 8	+(†8	11 207				1€ 6
9:00 am	12 6		+₫ 8	+(18					124
10:00 am	14	17.64	+ (†8 + († 8	+66		-3 2∕2:5		-3 ¢)5	14.5
11:00 am	14.5		+ (f8	+(18		- 3€ 5		-3¢ 5	103
12:00 pm	16 8	[3] 62	+ \$ 4 +\$ 8	+7,2		-32.5		-32:5	1 2.5
1:00 pm	1 2.5		+\$4	+€4		- 32 .5		-3 € \5	104
2:00 pm	104	17.64	+ 6 4 + (8	+₹2		-32.5		-3 2 .5	236.5
3:00 pm	230.5		+₫8	+68		-32.5		-3€)5	2
4:00 pm	20 9	17+64	+ (†8 + (†8	+ € 6		-16:2		-16.2	269
5:00 pm	2 29		+ ₫ 8	+₫ 8		-16:2		-16:2	2 4 0.5
6:00 pm	240.5	[3]+ (62	+ ₫ 8 + ₫ 4	+72	14 297	-1 6 :2		16:2	29.5
7:00 pm	296.5		+64	+64		-16:2		-162	3€ 4
8:00 pm	384		+64	+54		-16:2-324		48.6	339.5
9:00 pm	3 32 .5	TT+\$4	+₫ 8	+ ()8		-1 6 :2-3 2 :4		4 6 .6	3 29
10:00 pm	36 9		+₫8	+(•8		-32.4	-	32:4	29.5
11:00 pm	294.5		+₫8	+48		-32:4	-	3€.4	280

Fig. 11, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1 2 3	Total	Ending Sugar
12:00 am	2 0						-32:4	-3€:4	2 4 7.5
1:00 am	2 4 .5						-32.4	-32:4	205
2:00 am	2 1 5						-16.2	-16:2	10 9
3:00 am	10 9						-16.2	-16:2	16 3
4:00 am	163						-162	-16.2	166.5
5:00 am	166.5						-16.2	-16:2	150.5
6:00 am	150.5						-16.2	-16:2	184
7:00 am	164						-16:2	-16:2	1/18

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108	1714 \$ 4	+₫8	+(18	15-405			126
9:00 am	126		+₫8	+(18				144
10:00 am	144	17+64	+(†8 +(†8	+ & 6		-∳ 5	-€5	165
11:00 am	165		+ († 8	+47		-₫ 5	- ∳ 5	108
12:00 pm	108	3 62	+64+18	+72		-(5	- € 5	165
1:00 pm	1 6 5		+64	+54		-(5	- € 5	104
2:00 pm	144	17.64	+64+68	+(2		4 5	-€5	161
3:00 pm	101		+ (8	+ († 8		-∳ 5	-€5	144
4:00 pm	164	17.64	+ ₹8 ∱ +	+& 6	7^{×.}16 9	-22:5	-225	150.5
5:00 pm	150.5		+ ₫ 8	+(18		-æ .5	-2 2 5	108
6:00 pm	163	3 62	+(†8 +ફ4	+(2		-265 -€	-4 6 ,5	180.5
7:00 pm	180.5		+64	+64		-22.5 -21	-48.5	102
8:00 pm	102		+54	+64		- 22 :5 - 2 1	-46)5	202.5
9:00 pm	202.5	174 6 4	+₫8	+ (*8		- 2€ :5 - €	-4 € :5	167
10:00 pm	167		+ († 8	+€ 8		-0	-2€1	164
11:00 pm	164		+∱8	+æ8		- A	-21	164
12:00 am	100					-10.5	-1 @ ;5	160.5
1:00 am	160.5					-10.5	-105	160
2:00 am	160					-1 0 .5	-1 @ :5	139.5
3:00 am	130.5					-1 0 .5	-10:5	12 9
4:00 am	12 9					-10.5	-1 ₫ :5	1 6.5
5:00 am	1 18.5					-10.5	-1 @ :5	108
6:00 am	108							108
7:00 am	108							1008

Fig. 13

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108	17+64	+₫ 8	+(18	18-466				126
9:00 am	1 ⋭ 6		+₫8	+(18					144
10:00 am	1 ♠ 4	17+ 6 4	+(†8 +(†8	+ ફ 6		-6 4		-54	126
11:00 am	126		+₫ 8	+(18		- 6 4		-54	1
12:00 pm	1	3f62	+\$4+\$8	+(2		- €4		-54	108
1:00 pm	108		+ 6 4	+54		- 6 4		-54	108
2:00 pm	1 @ 8	17+64	+ ∮ 4 + (€8	+(2		-54		-54	1€ 6
3:00 pm	1€ 6		+ ₫8	+(18		-\$4		-54	20
4:00 pm	9 0	11-64	+ ₫8 + ₫8	+ ફ 6	A 108	-27		-27	4 9
5:00 pm	9 9		+ ₫8	+ ₫ 8		-2 7		-27	\$0
6:00 pm	9 0	3 ₹62	+ह ै8 +ई4	+₹2		- 2 7 - 1 3	3	- € 0	122
7:00 pm	122		+54	+54		- € 7 - € 3	3	- 4 0	1 ₽ 6
8:00 pm	1 ∲ 6		+54	+54		- € 7 - € 3		- ∳ 0	160
9:00 pm	160					- 2 7 - 1 3		-€0	1 ₫ 0
10:00 pm	100	11+54	+∕†8	+ ₫ 8		-(3		-₹3	165
11:00 pm	105		+∱8	+₫8		- <i>t</i> 3	}	- (3	120

Figur 14

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1:	2	3	Total	Ending Sugar
8:00 am	144					18-486					144
9:00 am	144										144
10:00 am	1 4 4	27·00	+∮ 6		+₫ 6		-64			-54	126
11:00 am	1 ⋭ 6		+∮ 6		+₿ 6		- \$4			-6ॄ4	108
12:00 pm	108		+ ₫ 6		+86		- 6 4			-64	6
1:00 pm	\$						-64			- \$ 4	•
2:00 pm	•						- \$ 4			- 5 4	♦
3:00 pm	•						-5 4			-54	•

Fig. 15

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18-486					144
9:00 am	144										144
10:00 am	144	2708	+₿6		+ ફ 6		-\$ 4			- \$ 4	126
11:00 am	126		+ ₫ 6		+86		- € 4			- \$ 4	108
12:00 pm	108		+ ∮ 6		+86		-64			- \$ 4	1
1:00 pm	20	3.5 ⁽⁸⁹	+6 3		+6 3		-54			-\$4	99
2:00 pm	4 9		+€ 3		+ 6 3		- 64			-5 4	108
3:00 pm	108		+ €3		+63		-6 4			-64	167

Fig. 15 b

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending Sugar
4:00 pm	167				A 108	-2 7	-27	9 0
5:00 pm	20	3 62	+ 6 4	+₽4		-2 7	-27	167
6:00 pm	167		+ 6 4	+ & 4		-6 7 - 6 2	- ફ 9	162
7:00 pm	162		+6 4	+54		-2 7 - 2 2	- ફ 9	1 ♠ 7
8:00 pm	147	*	+∱ 8	+(†8		-6 7 - 6 2	-89	126
9:00 pm	126		+₫8	+ €8		-2 7 - 1 2	- ફ 9	105
10:00 pm	105	11-64	+€ 8 +€ 8	+ € 6		-(2	-62	129
11:00 pm	129		+₫ 8	+∮8		-1/2	-(2	165

Fig. 15 c

Time	Starting Sugar	Toasts	2	Total	Insulin	1 2	3	Total	Ending Sugar
12:00 am	105		+₫ 8	+(1/8		6		€	167
1:00 am	147					.		6	111
2:00 am	141					-¢6		€	1€ 5
3;00 am	165					-∲		•	129
4:00 am	129					\$		€	123
5:00 am	1 ₽ 3					6		6	167
6:00 am	167								167
7:00 am	167								107

Fig 16

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1.	2	3	Total	Ending Sugar
8:00 am	144					18-486					144
9:00 am	144										144
10:00 am	144	2708	+& 6		+¢ 6		-6 4			-6 4	1€ 6
11:00 am	1♠ 6		+ ₫ 6		+ £ 6		-64			-6 4	108
12:00 pm	108	2 5€55	+ 6 6+	4 5	+64		-54			- ₹4	1 6 5
1:00 pm	165		÷	(†5	+45		-54			-6 4	1€ 6
2:00 pm	1€ 6		++	(5	+₫ 5		-6 4			- 54	107
3:00 pm	167		+624		+€4		-64			-64	107

Fig. 17

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108	17:64	+₫8	+(1/8	18 486				126
9:00 am	126		+∱ 8	+(18					144
10:00 am	104		+₫8+₫8	+€ 6	A 108	-64		-54	126
11:00 am	126		+68	+(18		- €4		-54	A 0
12:00 pm	9 0	[5]***o	+ 6 0+ 6 8	+108		-5 4 - 7 3		-67	161
1:00 pm	161		+ @0	+∮ 0		-6 4 - 6 3		-67	164
2:00 pm	164		+@ 0	+60		-6 4 - 6 3		-67	167
3:00 pm	167					-6 4 - 6 3		-67	100
4:00 pm	100	2708	+€ 6	+∲ 6	6 162	-6 7 - 6 3		- ∳ 0	1 6 6
5:00 pm	106		+₿ 6	+ ₫ 6		-2 7 - (3		- ∉ o	102
6:00 pm	102		+₫6	+ ₫ 6		-\$ 7	-(8	-50	§ 8
7:00 pm	8 8	37 62	+64	+ Ĉ 4		-\$ 7 -\$	- ₹ 8	-50	9 2
8:00 pm	9 2		+ \$ 4	+ \$ 4		-\$ 7	-(8	- ફ o	9 6
9:00 pm	9 6		+6 4	+ ₫ 4		-2 7 \$	- (8	-ई0	100
10:00 pm	100	2708	+ ₫6	+₫6		. €	- (8	-2 3	143
11:00 pm	103		+₫6	+₫6		ŧ	-18	- ટ્ 3	126

Fig. 17, continued.

Time	Starting Sugar	Toasts	1 2	Total	Insulin	. 11- 2	3	Total	Ending Sugar
12:00 am	126		+& 6	+ € 6			•	•	163
1:00 am	163						.	ę)	144
2:00 am	144						•	.	165
3:00 am	1 ∲ 5						.	•	126
4:00 am	1 ₽ 6						.	Ó	167
5:00 am	167						.	.	108
6:00 am	108								108
7:00 am	108								108
Figure 1	8								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108	T3+\$4	+(18	+(†8	18-486				126
9:00 am	126		+₫ 8	+(18					144
10:00 am	144	11 + 6 4	+(18+(18	+ € 6	A 108	-54		-64	126
11:00 am	126		+(18	+(1/8		-\$4		- 5 4	\$ 0
12:00 pm	(1)	5 200	+ ∳ 0 + (†8	+108		-6 4 - (3		-67	161
1:00 pm	161		+∳0	+ ∮ 0		-€ 4 - € 3		-67	164
2:00 pm	164		+∳0	+ ∳ 0		- 6 4 - 6 3		-67	167
3:00 pm	107					-5 4 - (3		-67	100
4;00 pm	100	2708	+₫6	+& 6		-6 7 - 6 3		- ∳ 0	106
5:00 pm	126		+∮ 6	+€ 6		-2 7 - 2 3		- ₫ O	102
6:00 pm	102	17+64	+ 6 6 + € 8	+€4		4 7 6		-32	124
7:00 pm	124		+(†8	+(18		-2 7 &		-82	100
8:00 pm	100		+(1)8	+(†8		2 7 &		- 3 2	\$ 6
9:00 pm	9 6	17464	+∱8	+ (8		-€ 7 €		- ą 2	\$ 2
10:00 pm	§ 2		+₫8	+ ₫ 8		€		\$	\$ 5
44.00	9 5		+ ₽18	+#8		ŝ		-\$	148

Fig.18 Continued.

	onunaea.			
12:00 am	108			1 ∲ 8
1:00 am	108			108
2:00 am	108	·		108
3:00 am	108			108
4:00 am	108			108
5:00 am	1 2 8			108
6:00 am	108			108
7:00 am	108			108

Fig. 19

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending Sugar
8:00 am	108	17+64	+#8	+€8	18-486			1€ 6
9:00 am	126		+₫ 8	+₫ 8				144
10:00 am	104	111-64	+48+48	+ € 6		-64	-64	1 ₽ 6
11:00 am	126		+ ₫ 8	+(18		-∲ 4	-6 4	9 0
12:00 pm	\$	137 tb2	+ € 4 + (†8	+72		-64	-64	108
1:00 pm	108		+ ૄ 4	+64		-∳ 4	-64	108
2:00 pm	108	13 **	+6 4 + €8	+1/2		-6 4	-64	1 2 6
3:00 pm	126		+ (*8	+(†8		-6 4	-64	\$
4:00 pm	4 0	17+64	+(18)+(18)	+ ફ 6	10-20	-6 7	-27	9 9
5:00 pm	9		+ ₫8	+(18		€ 7	-27	\$ 0
6:00 pm	90	[5] ²⁷⁰	+₫8+₫ 0	+108		-€ 7 - 8 0	-877	111
7:00 pm	141		+ 6 0	+ ∮ 0		-€ 7 - 3 0	-\$7	164
8:00 pm	124		+ \$ 0	+ € 0		-€ 7 - ₹ 0	-87	207
9:00 pm	207					-€ 7 - ₹ 0	-57	100
10:00 pm	160	17.64	+₫8	+(†8		-30	-30	1 8 8
11:00 pm	168		+∯8	+(†8		-30	- ફ o	126

Fig. 19, continued

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending Sugar
12:00 am	126	17-64	+(18+(18	+€ 6		· 6 5	- 6 5	147
1:00 am	147		+ (8	+ €8		- (5	- (5	160
2:00 am	160		+ (8	+₫ 8		- 6 5	- t 5	103
3:00 am	103					- (5	- (5	168
4:00 am	1 6 8					- ල	- 6 5	123
5:00 am	1 € 3				·	- (5	- (5	108
6:00 am	108							1 @ 8
7;00 am	108					-		108

Fig. 20

	Starting						(18 M	7.45	20 T. C	Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1	2	3	Total	Sugar
9:00 am	108	2708	+& 6	+ ફ 6	1/2-108					108
10:00 am	108		+∲ 6	+ € 6		- € 6			- \$ 6	144
11:00 am	144		+€ 6	+ ફ 6		- € 6			- ફ 6	144
12:00 pm	144				18 162	-6 6			- ફ 6	104
1:00 pm	144	37 f62	+\$4	+€4		- € 4			-54	108
2:00 pm	108		+∲ 4	+54		-64			-54	108
3:00 pm	108	11-64	+64+68	+7/2	B 162	-84			-54	126
4:00 pm	126		+ ₫ 8	+₫ 8		8 % -			- & 8	1€ 6
5:00 pm	1 ₽ 6		+ (∱8	+(†8		-(†8			- (8	1€ 6
6:00 pm	126				18 ⁻¹⁶²	-(† 8			- (8	108
7:00 pm	108	3 62	+6 4	+64		-6 4			-54	108
8:00 pm	108		+\$4	+64		-5 4			-524	108
9;00 pm	108		+64	+54	& -\$	-\$ 4			-54	108
10:00 pm	108	11-64	+ (†8	+(†8		-₹8			-68	108

1 ig. 2 i	Time		Sample Results
Step 1	Time= 8:00 am	Blood sugar reading	180
Step 2	Immediately 8:00 am	Eat 2 Toasts	
Step 3	+½ hour, Time= 8:30 am	Blood sugar reading	198
	+½ hour, Time= 9:00 am	Blood sugar reading	215
	+½ hour, Time= 9:30 am	Blood sugar reading	234
	+1/2 hour, Time= 10:00 am	Blood sugar reading	250
	+½ hour, Time= 10:30 am	Blood sugar reading	270
	+½ hour, Time= 11:00 am	Blood sugar reading	288
Step 4	Immediately 11:00 am	Take 12 units of fast-acting insulin	
Step 5	+½ hour, Time= 11:30 am	Blood sugar reading	270
	+½ hour, Time= 12:00 pm	Blood sugar reading	250
	+1/2 hour, Time= 12:30 pm	Blood sugar reading	234
	+1/2 hour, Time= 1:00 pm	Blood sugar reading	215
	+½ hour, Time= 1:30 pm	Blood sugar reading	198
	+½ hour, Time= 2:00 pm	Blood sugar reading	180

Figure 22

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 Toasts		
Step 3	½ hour later 8:30 am	Your typical exercise		
·		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

Time	Starting Sugar	Toasts	1 2	2 Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	27·08	+ ₿ 6	+₫6	1/2-108	-€ 6	- ₹ 6	108
10:00 am	108		+ ₫ 6	+ ₫ 6		-6 6	-36	108
11:00 am	108		+ ₫ 6	+€6		-6 6	-36	108
12:00 pm	108							108
1:00 pm	108	3762	+ ∮ 4	+54	18-162	-54	-54	108
2:00 pm	108		+ \$ 4	+54		-64	-54	108
3:00 pm	108	17464	+ \$ 4 + (8 +#2	£ 5€	- 6 4 - 6 8	-72	108

Fig. 23, continued

Fig. 23,		ued						
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	108		+(18	+(1/8		- (8	-18	108
5:00 pm	108		+€ 8	+(18		- ₹ 8	- t 8	108
6:00 pm	108				1/8 162	-6 4	-54	S
7:00 pm	5 4	37·62	+54	+64		- 64	-824	2 4
8:00 pm	1		+€4	+64		-64	-54	1
9:00 pm	5 4		+6ॄै4	+64	B -\$4	-(1 8	- (8	(1)
10:00 pm	(1)	17.64	+ ∱ 8	+(1/8		-(† 8	- (8	(1)
11:00 pm	40		+ ₫ 8	+(†8	26(i)	-(18	- ₹ 8	9 0
12:00 am	90		+₫8	+(†8				1 2 8
1:00 am	108							108
2:00 am	108							108
3:00 am	108							108
4:00 am	108							108
5:00 am	108							108
6:00 am	108							108
7:00 am	108							108

Fig. 24								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending Sugar
8:00 am	108							108
9:00 am	108	2708	+ \$ 6	+& 6	1/2-108			144
10:00 am	144		+& 6	+€ 6		-€ 6	- \$ 6	144
11:00 am	144		+\$ 6	+€ 6		-€ 6	- ફ 6	104
12;00 pm	1 4 4					-6 6	- ફ 6	108
1:00 pm	108	37 62	+ 6 4	+84	18 ⁻¹⁶²			162
2:00 pm	162		+ 6 4	+64		-6 4	-54	162
3:00 pm	102	17:54	+ € 4 + € 8	+7/2	B ~ 54	- € 4	-54	180
4:00 pm	100		+ ₫ 8	+(18		-6 4 - 6 8	-12	1 € 6
5:00 pm	126		+ (8	+ (8		- (8	-68	126
6:00 pm	126				18-162	-(8	- (18	108
7:00 pm	108	37 662	+6 ⁴	+ ₿4		- 6 4	-54	108
8:00 pm	108		+ ₫ 4	+64		-6 4	-54	108
9:00 pm	108		+64	+64	€ .	- \$4	-54	108
10:00 pm	108	Tr.64	+ ₫ 8	+ († 8		-(†8	-48	108
11:00 pm	108		+ ∱ 8	+ ₫ 8	26 _(i)	- ₫8	-#8	108

Fig. 24, continued

Time	Starting Sugar	Toasts	. 1 2	Total	Inșulin	1	2 3	Total	Ending Sugar
12:00 am	108		+₫8	+(†8		-€ 8		- (/8	108
1:00 am	108								108
2:00 am	108								108
3:00 am	108								108
4:00 am	108								108
5:00 am	108								108
6:00 am	108								108
7:00 am	108								108

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108								108
9:00 am	108	2100	+∮ 6	+ ₫ 6	1/2-108				108
10:00 am	108		+ ₫ 6	+&6		- € 6		- ફ 6	144
11:00 am	144		+ ₫ 6	+ ફ 6		- € 6		- ₹ 6	144
12:00 pm	144				18-162	-€ 6		- ફ 6	1 4 4
1:00 pm	1♠ 4	37 6 22	+ 6 4	+54		-\$ 4		-54	108
2:00 pm	108		+ ∳ 4	+64		-6 4		-54	108
3:00 pm	108	17464	+ \$4 + ₹8	+72	6×162	- 6 4		-524	126

Fig. 25, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	126			+(1/8	+(8		-(8			- (8	1€ 6
5:00 pm	126			+(18	+(18		- ∲ 8			- (8	126
6:00 pm	126					18 162	-(18			- 8	108
7:00 pm	108	37 62	+64		+64		-64			-54	108
8:00 pm	108		+64		+64		-\$ 4			-5 ² 4	108
9:00 pm	108		+\$4		+ 6 4	& -\$4	- \$ 4			-524	108
10:00 pm	108	17+64	+₫8		+ (*8		- (†8			- (8	108
11:00 pm	108		+₫8		+(1/8	26(i)	-(† 8			- ₹ 8	108
12:00 am	108		+ (†8		+(1/8		-₫ 8			- t 8	108
1:00 am	108										108
2:00 am	108										108
3:00 am	108										108
4:00 am	108										108
5:00 am	108										108
6:00 am	108										108
7:00 am	108										108

Fig. 26								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	2708	+ ₫ 6	+€6	12-108	-£ 6	- ₹ 6	108
10:00 am	108		+ ₫ 6	+ ફ 6		-€ 6	-36	108
11:00 am	108		+ ₫ 6	+€6		- 6 6	- 2 6	108
12:00 pm	108							108
1:00 pm	108	[3] ⁶²	+ૄ 4	+54	1/8 ⁻¹⁶²	- € 4	-54	108
2:00 pm	108		+64	+54		-\$ 4	- ₹ 4	108
3:00 pm	108	17464	+ ∮ 4 + ∮ 8	+(2)	€ .	- 6 4 - 6 8	-12	108
4:00 pm	1 ∲ 8		+(†8	+(18		- &	- ૄ 8	108
5:00 pm	108		+(†8	+(†8		- ત 8	- ∱ 8	108
6:00 pm	108							108
7:00 pm	108	[3]-62	+ \$ 4	+6.4	18-162	-64	- § 4	108
8:00 pm	1 ⊉ 8		+ ۇ 4	+64		-ૄ 4	-54	108
9:00 pm	108		+ ૄ 4	+64		-6 4	- § 4	108
10:00 pm	108	17-64	+∲8	+₫ 8	£ [×] -\$4	-€ 8	- 1 8	108
11:00 pm	108		+₫8	+(18	26(i)	-(18	- (8	108
12:00 am	108		+∱ 8	+48		-(18	- & 8	108
1:00 am	108							1 2 8
2:00 am	108							1 ⊉ 8
3:00 am	108							108
4:00 am	108							108
5:00 am	108							108
6:00 am	108							1028
7:00 am	108							108

Fig. 27

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108	17+64	+∱8	+(18	18-486				126
9:00 am	126		+₫8	+(18					144
10:00 am	144	17+64	+ ₫ 8 + ₫ 8	+ € 6		- €4		- 5 4	1€ 6
11:00 am	126		+(†8	+(8		- 6 4		- € 4	90
12:00 pm	90	37462	+ ∮ 4 + ∱ 8	+(2		- € 4		-6 4	108
1:00 pm	108		+ \$ 4	+\$4	·	- 6 4		-∮ 4	1 @ 8
2:00 pm	108	17-64	+\$4 +{18	+#2		-6 4		-6 4	1€ 6
3:00 pm	126		+(1/8	+(†8		- \$ 4		-64	90
4:00 pm	3 0	17464	+(18 +(18	+86	4 108	-€ 7		-27	(4)
5:00 pm	9 9		+ ₫8	+(†8		-€7		-27	4 0
6:00 pm	90	3762	+(18+54	+(2		-27 -12		-8 9	1 ₽ 3
7:00 pm	123		+\$4	+54		€7 -C2		- ફ 9	168
8:00 pm	168		+64	+64		-6 7 -62		- ફ 9	103
9:00 pm	163					-6 7 -62		- ફ 9	124
10:00 pm	104	17+64	+∱8	+(†8		- t 2		-(2	100
11:00 pm	120		+∱8	+48	26(i)	-62		-(2	1€6

Fig. 27, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am	126		+₫8		+(18			₽		€	128
1:00 am	1 6 8							(\$		-€	162
2:00 am	162							€		6	126
3:00 am	126							€		€	120
4:00 am	120							₽		6	144
5:00 am	164							€		€	108
6:00 am	108										108
7:00 am	108										108

Chart I

	Line	Time		Your Results
Step 1	1	Time=	Blood sugar reading	
Step 2	2	Immediately	Eat 2 Toasts	
Step 3	3	+½ hour, Time=	Blood sugar reading	
	4	+½ hour, Time=	Blood sugar reading	
,	5	+½ hour, Time=	Blood sugar reading	
	6	+½ hour, Time=	Blood sugar reading	
	7	+½ hour, Time=	Blood sugar reading	
	8	+½ hour, Time=	Blood sugar reading	
Step 4	9	Immediately	Take 12 units of fast-acting insulin	
Step 5	10	+½ hour, Time=	Blood sugar reading	
	11	+½ hour, Time=	Blood sugar reading	
	12	+½ hour, Time=	Blood sugar reading	
	13 +½ hour, Time=		Blood sugar reading	
	14	+½ hour, Time=	Blood sugar reading	
	15	+½ hour, Time=	Blood sugar reading	

Fig. 29	(CHART	11								
Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	•	图 *	Ċ	Ĉ	Ċ	10	¢	Ô	Ĉ	Ô	8
9:00 am	♠	冒 个	(*)	Ĉ	C	10	Ċ	¢	Ô	Ĉ	6
10:00 am	•		C	Ĉ		10	A	0	Ò	•	•
11:00 am	•	冒 *	¢	Ċ	Ĉ	10	•	¢	^	^	Ĉ
12:00 pm	•	T'	¢	¢	Ô	16	¢:	Ċ	¢	Ĉ.	0
1:00 pm	Ĉ	图*	0	¢	c	10	¢	Ċ	♦	Ô	•
2:00 pm	♦	Te.	¢	Ĉ	6	16	Ø.	^	Ò	C	•
3:00 pm	•		6	Ĉ	Ê	10	¢.	Ĉ	6	Ĉ	Ĉ
4:00 pm	•	11	♦	Ò	C	/ ¢	6	Ĉ	Ò	6	•
5:00 pm	•	Te €	0	Ĉ	0	10	♦	Ĉ	¢	Ĉ	8
6:00 pm	è	Be	Ĉ	(*	10	♦	Å	^	Ĉ	6
7:00 pm	•	四¢	^	♦	Č	10	C	<u>^</u>	(Ô	•
8:00 pm	•	冒 *	Ò	€	0	16	0	¢.	¢.	Ĉ	•
9:00 pm	•	Te.	Ĉ	Ċ	C	16	0	^	Ċ	Ò	e
10:00 pm	•	冒 个	Ò	Ò	♦	10	¢.	6	♦	Ĉ	•
11:00 pm	Ĉ	冒 《	Ċ	¢	Ċ	26(i)	Ĉ	Ĉ	^	Ĉ	8

CUADTII

Fig. 29 **CHART II** continued Starting Sugar Ending Time 2 Total Toasts 4.504 Insulin Total Sugar **C ^** C 12:00 am C 1:00 am **^** 2:00 am ¢ 3:00 am ¢. 4:00 am ¢ C Ĉ ^ lack5:00 am Ĉ • 0 0 C 6:00 am • ¢. 7:00 am

Fig. 30

Chart III

	Line	Time		Original Results	Exercise Results
Stěp 1	1	Starting Time	Starting blood sugar reading		
Step 2	2	Immediately	Eat 2 Toasts		
Step 3	3	½ hour later	Your typical exercise		
	4		Normal morning activities		
	5	3 hrs after first reading	Blood sugar reading		

